



Moving Past Perfect: How Perfectionism May Be Holding Back Your Kids (and You!) and What You Can Do About It

Thomas S. Greenspon Ph.D.

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Perfectionism is not about doing our best. It's not about the struggle for excellence or the healthy striving for high goals. Perfectionism is about believing that if we can just do something perfectly, other people will love and accept us—and if we can't, we'll never be good enough. That belief is a burden that can negatively affect all areas of a person's life. Fortunately, parents who recognize perfectionistic patterns in themselves, in their kids, or in their families as a whole can make positive changes that will enrich their children's lives and their own. In this positive, practical book (retitled and updated edition), psychologist Tom Greenspon explains perfectionism, where it comes from, and what parents can do about it. He describes a healing process for transforming perfectionism into healthy living practices and self-acceptance. Parents who want to help their kids move past perfectionism and live happier, healthier lives in which they're free to make mistakes, to learn, and to grow will benefit from this book. In addition, parents who struggle with their own perfectionism—and whose perfectionism takes a toll on the family—will find help for themselves within these pages.

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